



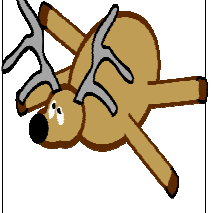








# December

2016

| <i>Sun</i>   | <i>Mon</i>   | <i>Tue</i>  | <i>Wed</i>  | <i>Thu</i>   | <i>Fri</i>   | <i>Sat</i>   |
|--|--|---|---|--|--|--|
| <p>Van trips to Stop and Shop each Tuesday at 9:45 and 10:45, to Price Chopper or Wal Mart by arrangement with the driver.</p> |  |    |   | <p><b>1</b><br/>9:00 Walking Group<br/>9:30 Tai Chi<br/>11:30 Lunch, Balance Class<br/>1:00 Ice Cream</p>          | <p><b>2</b><br/>10:00 Book discussion group meets at Milne Library<br/>9:00 Loss group<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bingo</p> | <p><b>3</b><br/></p>    |
| <p><b>4</b></p>  | <p><b>5</b><br/>9:00 Yoga<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Intro Tai Chi<br/>2:30 Balance Class</p>                 | <p><b>6</b><br/>9:00 Oil Painting<br/>1:00 Garden Club Green<br/></p> | <p><b>7</b><br/>9:00 Yoga<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bridge</p>  | <p><b>8</b><br/>8:30 Donuts and Coffee<br/>9:00 Walking Group<br/>9:30 Tai Chi<br/>11:30 Lunch</p>                 | <p><b>9</b><br/>8:30 FTF<br/>9:00 Loss Group<br/>10:30 Exercise, 11:30 Lunch<br/>1:00 Bingo</p>  | <p><b>10</b><br/></p>  |
| <p><b>11</b><br/></p>                        | <p><b>14</b><br/>9:00 Yoga<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Intro Tai Chi<br/>2:30 Balance Class</p>                | <p><b>13</b><br/>9:00 Memory Café<br/>12:00 BP Clinic<br/>1:15 Harper Club</p>  | <p><b>14</b><br/>9:00 Yoga<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bridge</p>   | <p><b>15</b><br/>9:00 Walking Group<br/>9:30 Tai Chi<br/>11:30 Lunch, Balance Class<br/>1:00 Holiday Crafts</p>    | <p><b>16</b><br/>9:00 Loss Group<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 John Root</p>   | <p><b>17</b><br/></p>  |
| <p><b>18</b><br/></p>                       | <p><b>19</b><br/>9:00 Yoga<br/>10:00 Exercise<br/>11:30 Lunch<br/>1:00 Tai Chi<br/>2:30 Balance Class<br/><b>BROWN BAG</b></p> | <p><b>20</b><br/>9:00 Oil Painting, Foot Care Clinic<br/>12:00 Luncheon<br/>12:30 Champagne Jam</p>   | <p><b>21</b><br/>9:00 Yoga<br/>10:30 SHINE<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bridge<br/></p> | <p><b>22</b><br/>9:00 Walking Group<br/>9:30 Tai Chi<br/>11:30 Lunch, Balance Class<br/>1:00 Ice Cream Sundaes</p> | <p><b>23</b><br/>8:30 BOT<br/>9:00 Loss Group<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bingo</p>  | <p><b>24</b><br/></p> |
| <p><b>25</b><br/>Happy Christmas and Hanukah!</p>  | <p><b>26</b><br/>Harper Center Closed<br/>Holiday observance.</p>  | <p><b>27</b><br/>9:00 Oil Painting<br/>12:00 TBD</p>  | <p><b>28</b><br/>9:00 Yoga<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bridge</p>   | <p><b>29</b><br/>9:00 Walking Group<br/>9:30 Tai Chi<br/>11:30 Lunch, Balance Class</p>                            | <p><b>30</b><br/>9:00 Loss group<br/>10:30 Exercise<br/>11:30 Lunch<br/>1:00 Bingo</p>   | <p><b>31</b></p>   |